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## BOOK REVIEWS

IN CHARGE OF

GRACE H. CAMERON, R.N.

**THE NARCOTIC DRUG PROBLEM.** By Ernest S. Bishop, M.D.; F. A. C. P.  
The Macmillan Company, New York. Price, \$1.50.

Dr. Bishop, who has had many opportunities for observation and study, presents the subject of drug addiction in an entirely new phase. We are informed that what was once known as a "vice" or "habit" is rather a disease representing definite conditions which are absolutely and entirely due to changed physical processes. The hypothesis adopted by the author is "that an antidotal substance is manufactured by the body as a protection against the poisonous effects of narcotic drugs constantly administered. Such a substance, manufactured in the body, being antidotal to morphine, might well possess toxic properties of its own." Such an hypothesis will explain the stages of development; the symptoms following withdrawal of the drug; and the relapses after a so-called "cure." In this study only narcotic or opiate addiction is considered. And for this unfortunate group, in the new light of Dr. Bishop's solution, there is hope for the alleviation of much suffering, both mental and physical. The author would start a crusade of widespread education. He does not consider this theory as final, but urges that "all possible forces should be encouraged to the work of study and investigation and education." The book is interesting in its detailed exposition of the study of this world-wide problem.

**OUR NERVOUS FRIENDS.** Illustrating the Mastery of Nervousness.  
By Robert S. Carroll, M.D. The Macmillan Company, New York.  
Price, \$2.00.

The Mastery of Nervousness, based upon the re-education of self, was published in 1918. The theme of the book was humanity's adjustment to things, people, and self. In a practical way was recommended a common-sense living—simple diet, mental and physical exercise, and a proper control of the emotions. In the present volume real people, whose lives have been made unhappy from morbid mental habits, and who have suffered much because of physical ills developed from errors of living, are pictured. It is a forceful illustration of the principles advocated in *The Mastery of Nervousness*. The author uses the narrative style and makes a bit of a story. In this interesting way many truths are convincingly displayed; and in the clear, definite portrayal of his characters, lessons in right living are revealed. As a companion to the former volume it is indispensable. As a volume by itself, it is full of interest and vital truths.